



# **PARENTHOOD AND PURSUIT OF EDUCATION: THE LIVED EXPERIENCES OF STUDENT-PARENTS**

**“FAMILY PLANNING, POPULATION AND DEVELOPMENT: INNOVATE,  
COLLABORATE, AND ACCELERATE NOW!”**

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# INTRODUCTION

- This research delves into the complex world of the student-parents, highlighting the intricate balance they must maintain between **academic, parenthood and employment.**
- The literature review points to persistent issues such as **time management, stress and fatigue,** yet also notes the resilience of student-parents.
- This study aims to explore and under their **multiple responsibilities** and the **coping strategies** of student-parents use to deal with their problems and to learn about their unique experiences managing their roles.

# OBJECTIVES

- To explore and understand the student-parent's experiences managing their roles at home, school, and work that will focus areas include the challenges of juggling these responsibilities, effective time management strategies, and the balance between parenting and academic duties.
- To identify the coping strategies that student-parents use to balance their multiple roles. This includes the use of social support systems, specific coping techniques, and strategies for improvement in managing their responsibilities.
- To develop a learning guide based on the experiences of student-parents. This guide will aim to support their unique needs and challenges, aiding them in better managing their roles and responsibilities.

# METHODOLOGY

## QUALITATIVE RESEARCH

Data was collected through in-depth interviews, aiming to capture the rich, lived experiences of these student parents.

## RESEARCH LOCALE

The research was conducted at a private tertiary educational institution located in Quezon City.

## PARTICIPANTS

Only students who confirmed being parents were considered eligible for our study.

# METHODOLOGY

## INSTRUMENTS

Researchers used in-depth interviews to gather comprehensive data and detailed narrative of their experiences.

## ETHICAL CONSIDERATIONS

The study strictly adhered to ethical standards to ensure the confidentiality and dignity of participants.

# 6 SIX KEY THEMES

- 1 **Juggle Life's Roles: Home, School, and Work**
- 2 **Against the Clock: The Essentials of Time Management**
- 3 **Double Duty: Navigating Parenting and Academic**
- 4 **Pillars of Strength: The Power of Support Systems**
- 5 **Navigating the Storm: Unveiling Coping Strategies**
- 6 **Path to Progress: Improvement Strategies**

# EXPERIENCES OF STUDENT-PARENTS IN TERMS OF JUGGLING LIFE'S ROLE AT HOME, SCHOOL, AND WORK

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*Pero parang pakiramdam ko, ang konti nung time ko sa anak ko. Kasi kailangan ko nga tapusin yung pag-aaral ko. Parang maging maayos yung buhay niya. So, medyo nababawasan yung oras namin mag-ina na dapat eh buo ko maibibigay. Kasi nga, nahahati siya talaga nung pag-aaral.*

The student-parents themselves emphasized these challenges, describing the **difficulties of caring for sick children, breastfeeding, and bonding** with their babies while keeping up with schoolwork.

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# EXPERIENCES OF STUDENT-PARENTS IN TERMS OF TIME MANAGEMENT

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*Ayun. Matinding time management. Yung baga balance lang sa school at saka ibabalance mo rin yung time mo sa mga bata. 'wag lang puro school, 'wag lang puro trabaho. Kumbaga, siyempre, priority ko rin yung mga bata. So, talagang binibigyan ko sila ng time.*

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The studies suggest that effective time management positively influences academic performance, emphasizing factors like prioritization and overcoming procrastination.

They highlight the importance of setting plans and priorities to maximize productivity. However, balancing responsibilities such as family, work, school, and self-care pose significant challenges for students, particularly those with dependent children.



# EXPERIENCES OF STUDENT-PARENTS IN TERMS OF NAVIGATING PARENTING AND ACADEMIC RESPONSIBILITIES

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*Wala kang time sa mga sa mga anak mo at the same time kailangan mong isakripisyo yun para lang makapag tapos ka ng pag-aaral.*

*Hindi ko fully maibigay yung pagtuturo sa mga anak ko, yun, yun yung nakaka apekto sa bonding time namin mag-ina.*

Balancing both roles, especially during intensive study periods, is tough, causing distractions and focus issues. Many student-parents also work **extra jobs, creating overwhelming demands and feeling stretched thin.**

Studying reduces family time and energy, leading to feelings of inadequacy. Despite these difficulties, more parents pursue education, but part-time study complicates financial aid, increasing work needs.

# EXPERIENCES OF STUDENT-PARENTS IN TERMS OF SOCIAL SUPPORT SYSTEM

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*Yung nanay ko at saka yung stepfather ko kasi ano that time kasi wala na akong plano mag nursing ulit sabi ko magtatrabaho na lang ako rito sa manila or anuman ganito ganun , magnenegosyo na lang tapos ayon aah yung suporta nila emotionally and financially kasi doon din naging clear sa'kin na “oo nga kailangan ko mag-nursing , sayang opportunity.*

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The critical role of family support in **balancing their dual roles as a student and a parent**, highlighting that **family and financial stability** play significant roles in the **academic success of student-parents**.

# EXPERIENCES OF STUDENT-PARENTS IN TERMS OF COPING STRATEGIES

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*Magiging pahinga ko pa rin naman yung baby ko. Kasi, yun na yung isa na siya sa mga inspiration ko sa life. So, yun din. Pag nakikita ko siya, nakangiti, masaya, masaya na din ako.*

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For them, **rest and relaxation** serve as essential coping mechanisms, providing moments of respite amidst life's challenges. The **presence of a child** becomes a source of profound inspiration, offering glimpses of innocence and wonder that rejuvenate the soul.

Witnessing the child's happiness becomes a beacon of personal joy, illuminating their own path with warmth and contentment.

# EXPERIENCES OF STUDENT-PARENTS IN TERMS OF IMPROVEMENT STRATEGIES

“

*Kailangan... Alam mo kung ano yung gusto mong mangyari sa buhay. Kung yung maging goal-driven ka, at the same time, alagaan mo rin yung sarili mo. Kasi, once na hindi mo ginawa, hindi mo naalagaan yung sarili mo, kasi nga, sobrang goal-driven mo. Sobrang focus mo na, okay, ito lang yung gagawin ko. Kapag ganun kasi, mas lalo kang matidrain, mas lalo kang mapapagod.*

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The importance of knowing what you want, having a clear goal while at the same time taking care of yourself.

It begins with you or taking initiative, being a supporter at work, be a student or a parent at home, striving to be happy, organize your day, efficiency, communication, being honest and most importantly, family comes first.

# CONCLUSION

- Effective time management and social support systems are crucial for mitigating stress and preventing burnout.
- Robust support systems are vital for student-parents as they provide the necessary tools and resources to manage their complex lives, reduce stress, support emotional well-being, and enhance academic success.
- The research highlights the necessity for higher education institutions to adopt supportive measures tailored to the unique needs of student-parents. Flexible academic policies and resources are essential to support student-parents.
- This study aims to address the gaps identified and enhance the academic and personal success of student-parents. By implementing targeted support systems and inclusive policies, so that educational institutions can create an environment that better supports the unique needs of student-parents, ultimately contributing to their overall well-being and academic achievement.

# RECOMMENDATIONS

- Provide strategies for prioritizing tasks, managing time, and balancing academics, childcare, and self-care.
- Create safe spaces for student-parents to share experiences, receive encouragement, and develop coping skills.
- Acknowledge student-parent's resilience and dedication through a support group or public recognition.
- Promote stress management and healthy routines for student-parents well-being and performance
- Offer evening classes, weekend intensives, or online modules to accommodate student-parents time constraints.
- Offer tutoring and extended office hours with professors to support student-parents academic success.
- Childcare services to remove barriers to education for student-parents.
- Conduct further research with a larger and more diverse sample to generalize findings and explore the long-term outcomes of student-parents.

**THANK YOU!**